Integration Worksheet: _____

1. Reason for Change

What is happening or not happening that makes this worth changing now? Describe the situation, not the cause. Litmus Test: If this were solved, would it matter in six months?

2. Current Pattern

What is currently happening and how does it continue if nothing changes (frequency/duration, actions, consequences, trajectory)?

3. Goal Behaviors

What would you be doing differently if this worked? What should change, and what must remain stable?

4. Change Behaviors

Plan for normal life conditions, not ideal ones. Specify what will prompt the action, how you start, what you do, and where the required time and attention come from.

Trigger:

Start Action:

Behavior:

Time Source:

5. Success/Stop Criteria

What observable results count as working? What outcome will make you stop? Which foreseeable edge cases need to be decided in advance?

Success:

Abort:

Ambiguity:

6. Trial Duration

How long must this run to judge whether the behavior integrates? When will you decide, and how will you ensure the trial stays visible?

Duration:

Decision on:

Check in:

7. Run the Trial — Log Behavior

Record only what is needed to evaluate the Success/Stop Criteria. Log what happened — times, actions, deviations — without interpretation.

8. Decision

Determine the outcome using the observable evidence and the predefined Success/Stop Criteria.

Observable Evidence for Decision:

- ○ **Keep** (criteria met as defined)
- ○ **Modify** (partially met/adjust design)
- ○ **Abort** (not met/change unsuitable)

9. Reflection on the Trial

What changed? What did not change? What does this suggest about how the behavior fits into your life? Did the trial create unintended effects or displace something important?

10. Next Steps

Based on the trial, what will you do now (e.g., continue, adjust, begin a new trial, or schedule a review)?